ABA, Cognitive-Behavior Therapy, or Word of Mouth: What Treatment is Right?

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Presenter Information

Laura Quintero is a doctoral student in the School Psychology program at Mississippi State University and currently holds her master's degree in applied behavior analysis. Laura is also a Board Certified Behavior Analyst (BCBA) and has been a member of the Bulldog CHARGE Syndrome Research Lab at Mississippi State since August 2018. Beyond this, Laura is a graduate assistant for MSU's ACCESS Program, a 4-year comprehensive transition program for adults with intellectual disabilities. Laura also maintains a case load as a graduate clinician in MSU's Autism and Developmental Disabilities Clinic where she provides behavioral services rooted in applied behavioral analysis to individuals with disabilities.

Lyndsay Fairchild is a doctoral student in the School Psychology program at Mississippi State University and has been a member of the Mississippi State Bulldog CHARGE Syndrome Research Lab for two years. Lyndsay currently works with the Autism Liaison program that offers services and support to degree seeking students on the Autism Spectrum, and also provides behavioral and academic services to children and adolescents through the Mississippi State University Autism and Developmental Disabilities clinic. Lyndsay's current research interests include identifying the prevalence of self-injurious behaviors in individuals with CHARGE and identifying parent's perception and satisfaction with the IEP process for children with CHARGE.

Dr. Kasee Stratton is an assistant professor in School Psychology at Mississippi State University, as well as a licensed psychologist and nationally certified school psychologist. Dr. Stratton has been involved with the CHARGE community and conducting research for 15 years and is the director of the Bulldog CHARGE Syndrome Research Lab at Mississippi State University. Dr. Stratton's clinical work has been with children and adolescents with a wide range of developmental disabilities and significant behavioral concerns. She is currently the Co-Director of the Autism and Developmental Disabilities Clinic at Mississippi State University where she supervisors and provides services from an applied behavior analytic perspective enhancing skills (i.e. communication, social, behavioral, adaptive skills) and minimizing problem behaviors.

Presentation Abstract

Navigating through the vast options of available treatments can be extremely challenging for practitioners working with the deaf-blind population. While various treatments exist, it is imperative that professionals utilize treatments that are empirically supported and data driven. This presentation will focus on three types of evidence-based treatments (Applied Behavior Analysis, Cognitive Behavior Therapy and Acceptance and Commitment Therapy) that can provide professionals direction as it pertains to their clients/students. An overview of each of the treatments will be discussed as well as the current state of research using these evidence based practices with the deaf-blind population, and directions for future research.

Learning Objectives

- Describe and identify evidence-based treatments
- Understand Applied Behavior Analysis, Cognitive Behavior Therapy, and Acceptance and Commitment Therapy and their relation to CHARGE
- Understand how these treatments can be appropriate for individuals with CHARGE and how they can be incorporated into the individual's treatment plans